

2017
HEALTH
VISUALIZATION



@CHARLESCHENTV

**CONGRATS ON GETTING CLEAR ON YOUR HEALTH & CAREER GOALS FOR 2017!
THIS IS A HUGE STEP TOWARDS MANIFESTING YOUR DREAM LIFE.
BELOW ARE KEY GUIDE TO ACHIEVING A SUCCESSFUL 2017**

Before You Achieve Anything In Life, You First Need to See It! Once You See It And Are Clear WHY you are doing it, you will have the ENERGY to stay focused & Go With Clear Intentions.

— CHARLES CHEN

PART 1

What Does Your Ideal Health Look Like? List in Detail Your Goals

How Do You Want To Feel ?

What Are You Doing For Exercise?

What Foods Are You Eating?

What Are Some Steps You Can Take Today Towards Your Goals?

Where Are You Living?

Who Is In Your Life?

Who Are You Working With?

Where Are You Traveling To?

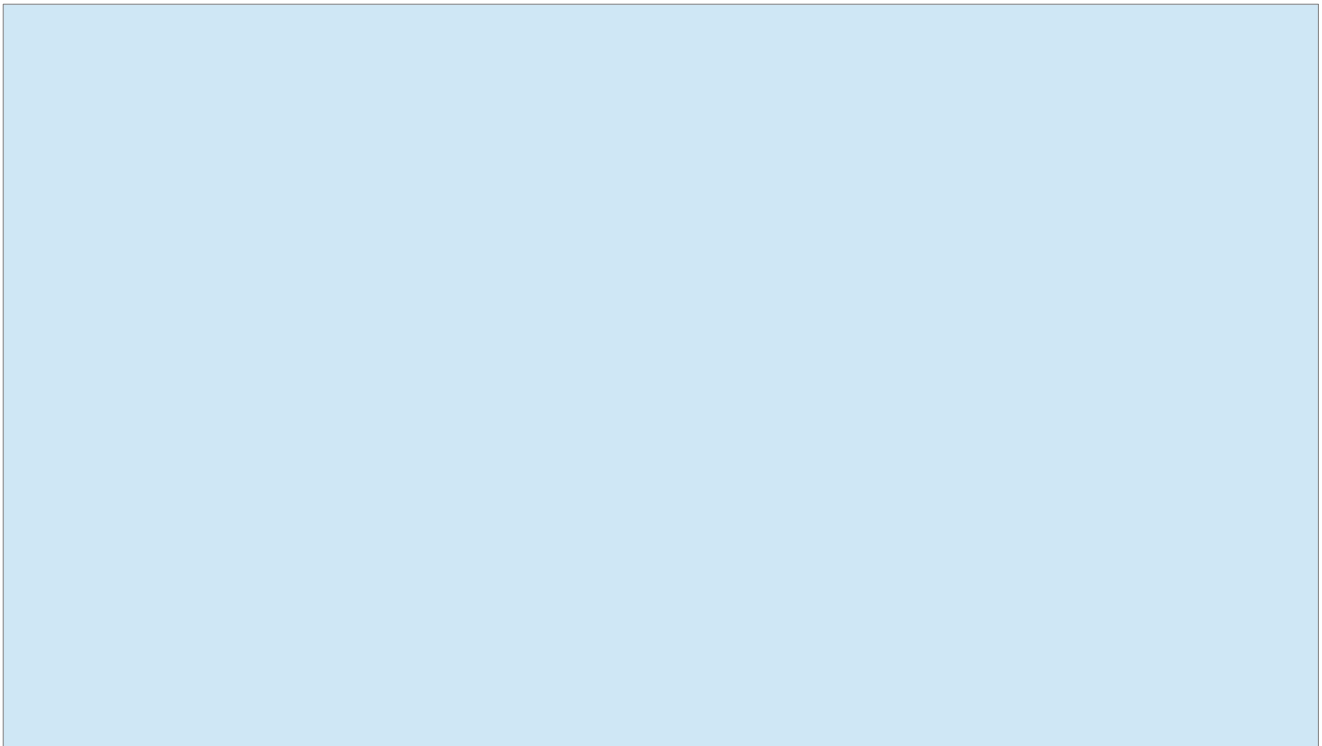
What is Your Dream Job? What Are You Doing In Detail

How Do Your Colleagues Treat You?

Even if it feels weird, challenge yourself to think bigger, and stretch yourself of what you believe is possible. Try to think with as much detail as possible. Our next exercise is writing everything in present tense. There is power in saying what you want in present tense as if it is already happening. This brings our subconscious mind into the power of believing and feeling what you want to attract.

Write Your Perfect Day (In Present Tense)

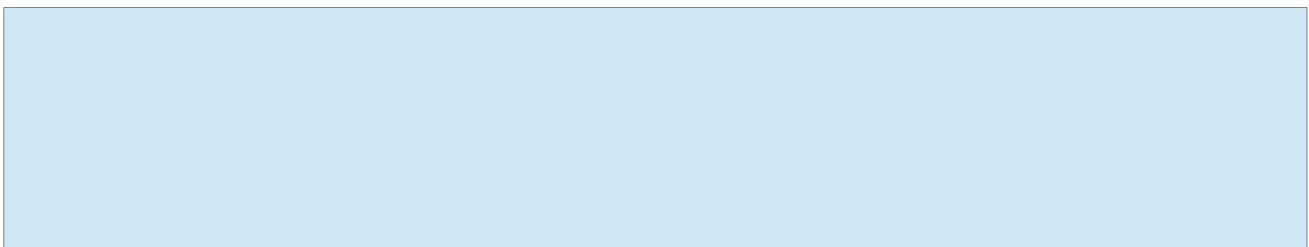
EX: In my perfect day, I wake up sitting in meditation for 10 minutes, then drink organic green juice...



Now Get Detailed to Your Day to Day Task

EX:

- 6AM WAKE UP
- 7AM MEDITATION
- 8AM JUICE



Who can I reach out to? To Hold Me Accountable?

What Steps Can I Take Today?

Final Step: Take action! Take a BEFORE photo Copy and Paste Your Goals #2017Visualization and post it on Facebook or Instagram. I can't wait to hear what you're creating. Tag me @CharlesChenTV!

I'm Here to Support You, See Recipes & Inspiration

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